

## **HEALTH AWARENESS DAYS, WEEKS, AND MONTHS**

### January Health Awareness

- January 1-31: Cervical Health Awareness Month
- January 1-31: Glaucoma Awareness Month
- January 1-31: National Blood Donor Month

### February Health Awareness

- February 1-28: American Heart Month
- February 1-28: National Cancer Prevention Month
- February 1-28: National Children's Dental Health Month
- February 3-9: Children's Mental Health Awareness Week
- February 4: World Cancer Day
- February 7: Go Red For Women
- February 7: National Black HIV/AIDS Awareness Day
- February 9-15: Heart Failure Awareness Week
- February 21: National Caregivers Day
- February 22: Recreational Sports & Fitness Day

### March Health Awareness

- March 1-31: Brain Injury Awareness Month
- March 1-31: Multiple Sclerosis Awareness Month
- March 1-31: Myeloma Action Month
- March 1-31: National Colorectal Cancers Awareness Month
- March 1-31: National Developmental Disabilities Awareness Month
- March 1-31: National Kidney Month
- March 1-31: National Nutrition Month
- March 4: World Obesity Day

- March 9-15: Patient Safety Awareness Week
- March 9-15: Pulmonary Rehabilitation Week
- March 9-15: Sleep Awareness Week
- March 13: World Kidney Day
- March 16-22: National Poison Prevention Week
- March 17-23: National Drug and Alcohol Facts Week
- March 25: American Diabetes Alert Day
- March 31-April 6: World Autism Acceptance Week

#### April Health Awareness

- April 1-30: Alcohol Awareness Month
- April 1-30: Distracted Driving Awareness Month
- April 1-30: Irritable Bowel Syndrome Awareness Month
- April 1-30: Medicaid Awareness Month
- April 1-30: National Cancer Control Month
- April 1-30: National Child Abuse Prevention Month
- April 1-30: Oral Cancer Awareness Month
- April 1-30: Parkinson's Awareness Month
- April 1-30: Sexual Assault Awareness & Prevention Month
- April 1-30: Sexually Transmitted Infections (STI) Awareness Month
- April 7: World Health Day
- April 7-13: National Public Health Week
- April 11: World Parkinson's Day
- April 11-17: Black Maternal Health Week
- April 20-26: National Infertility Awareness Week
- April 24-30: World Immunization Week

- April 28-May 2: National Youth Violence Prevention Week

#### May Health Awareness

- May 1-31: Arthritis Awareness Month
- May 1-31: Better Hearing and Speech Month
- May 1-31: Better Sleep Month
- May 1-31: Bladder Cancer Awareness Month
- May 1-31: Brain Cancer Awareness Month
- May 1-31: Healthy Vision Month
- May 1-31: Hepatitis Awareness Month
- May 1-31: High Blood Pressure Awareness Month
- May 1-31: Maternal Mental Health Month
- May 1-31: Mental Health Awareness Month
- May 1-31: National Osteoporosis Awareness Month
- May 1-31: National Physical Fitness and Sports Month
- May 1-31: National Stroke Awareness Month
- May 1-31: National Teen Pregnancy Prevention Month
- May 1-31: National Women's Health Month
- May 1-31: Older Americans Month
- May 6-12: National Nurses Week
- May 8: World Ovarian Cancer Day
- May 10: World Lupus Day
- May 11-17: National Women's Health Week
- May 23: Don't Fry Day
- May 24: World Schizophrenia Day
- May 31: World No Tobacco Day

### June Health Awareness

- June 1-30: Alzheimer's and Brain Awareness Month
- June 1-30: Cataract Awareness Month
- June 1-30: Men's Health Month
- June 1-7: National CPR and AED Awareness Week
- June 1: National Cancer Survivors Day
- June 14: Family Health & Fitness Day

### July Health Awareness

- July 1-31: July 1-31: Healthy Vision Month
- July 1-31: National Minority Mental Health Awareness Month

### August Health Awareness

- August 1-31: National Breastfeeding Month
- August 1-31: National Eye Exam Month
- August 1-31: National Immunization Awareness Month

### September Health Awareness

- September 1-30: Blood Cancer Awareness Month
- September 1-30: Childhood Cancer Awareness Month
- September 1-30: Gynecologic Cancer Awareness Month
- September 1-30: Healthy Aging Month
- September 1-30: National Atrial Fibrillation Awareness Month
- September 1-30: National Childhood Obesity Awareness Month
- September 1-30: National Sickle Cell Awareness Month
- September 1-30: Newborn Screening Awareness Month
- September 1-30: Ovarian Cancer Awareness Month
- September 1-30: Prostate Cancer Awareness Month

- September 1-30: Sepsis Awareness Month
- September 1-30: Sexual Health Awareness Month
- September 1-30: Suicide Prevention Awareness Month
- September 1-30: World Alzheimer's Month
- September 9: International Fetal Alcohol Spectrum Disorders Awareness Day
- September 14-20: National Rehabilitation Awareness Week
- September 25: World Pharmacists Day
- September 25: National Women's Health and Fitness Day

#### October Health Awareness

- October 1-31: Breast Cancer Awareness Month
- October 1-31: Domestic Violence Awareness Month
- October 1-31: Liver Cancer Awareness Month
- October 1-31: National ADHD Awareness Month
- October 1-31: National Physical Therapy Month
- October 1-31: National Sudden Cardiac Arrest Awareness Month
- October 1-31: Sudden Infant Death Syndrome (SIDS) Awareness Month
- October 5-11: Mental Illness Awareness Week
- October 9: National Depression Screening Day
- October 11: World Hospice and Palliative Care Day
- October 12-20: Bone and Joint Action Week
- October 13: Metastatic Breast Cancer Awareness Day
- October 19-25: International Infection Prevention Week
- October 20: World Osteoporosis Day

#### November Health Awareness

- November 1-30: American Diabetes Month

- November 1-30: COPD Awareness Month
- November 1-30: Stomach Cancer Awareness Month
- November 1-30: Lung Cancer Awareness Month
- November 1-30: National Alzheimer's Disease Awareness Month
- November 1-30: National Diabetes Month
- November 1-30: National Epilepsy Awareness Month
- November 1-30: National Family Caregivers Month
- November 1-30: National Hospice and Palliative Care Month
- November 1-30: Pancreatic Cancer Awareness Month
- November 19: World COPD Awareness Day
- November 20: Great American Smokeout

#### December Health Awareness

- December 1-31: National Impaired Driving Prevention Month
- December 1-31: National Safe Toys and Gifts Month
- December 1-5: National Influenza Vaccination Week
- December 1-7: Crohn's and Colitis Awareness Week
- December 1-7: National Handwashing Awareness Week
- December 3: International Day of Persons With Disabilities